

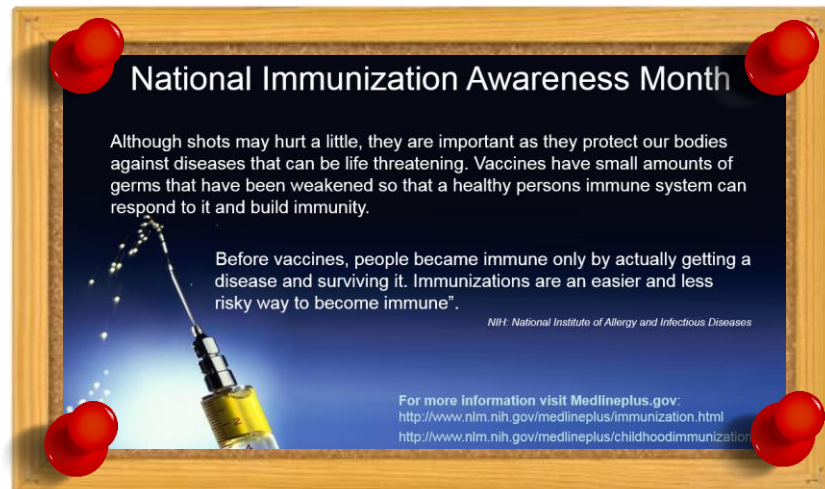
Display Slides, Activities, & Free Resources

Health Observances 2018

National Health Observances – Promotional Materials

Your organization may re-use these slides to post on your electronic message boards/display screens or even save individual slides as PDF's to link/post onto your web sites. 12 months of ideas based on the U.S. Health Observances (days, weeks and months) are currently available.

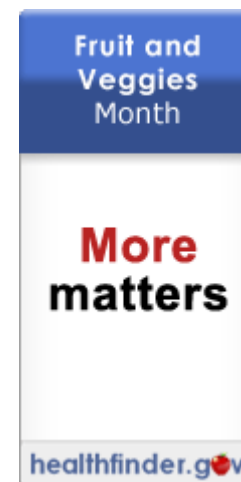
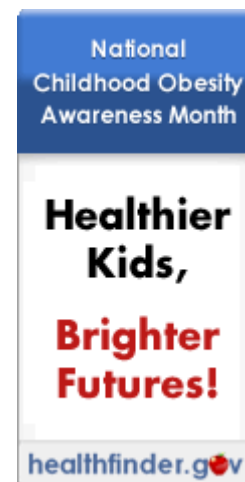
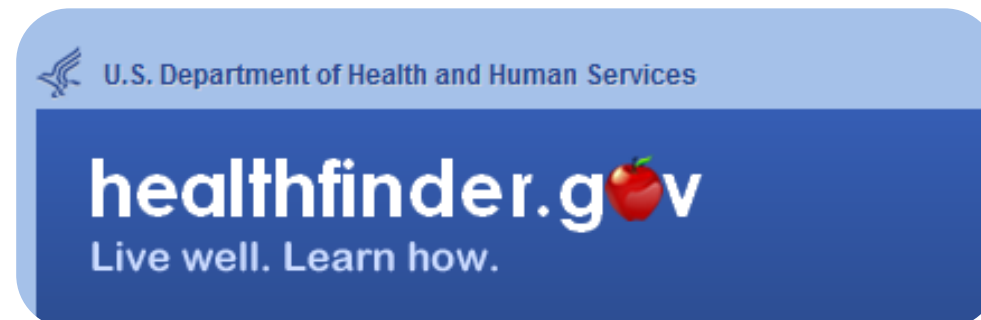
If you have questions or need help brainstorming ideas and are in DE, NJ, NY or PA please e-mail Lydia Collins, NNLM MAR Consumer Health Coordinator at lydia@pitt.edu



HealthFinder.gov – NHO Web Badges


HealthFinder.gov has a selection of NHO web badges that you can copy and paste the code to add the badge to your web site, blog, or social networking profile. It's an easy way to promote NHOs.

[URL](#) to NHO Web Badges from HealthFinder.gov



NHO Toolkit and Calendar

National Health Observance Toolkit — January




Cervical Health Awareness Month
Sponsor: *The National Cervical Cancer Coalition*

[View Toolkit ▶](#)


2017 NHO Calendar

The 2017 calendar features more than 200 National Health Observances with up-to-date information and outreach materials.

- [NHO Calendar at a Glance](#)
- [NHO Calendar with Contact Information](#)


 Get answers to frequently asked questions about National Health Observances.

Plan Ahead for February



American Heart Month
Sponsor: *The American Heart Association*

[View Toolkit ▶](#)



Teen Dating Violence Awareness Month
Sponsor: *Break the Cycle*

View All Toolkits

- [January](#) – Cervical Health Awareness Month
- [February](#) – American Heart Month
- [February](#) – Teen Dating Violence Awareness Month
- [March](#) – Colorectal Cancer Awareness Month
- [April](#) – Alcohol Awareness Month
- [May](#) – National Physical Fitness and Sports Month
- [May](#) – Melanoma/Skin Cancer Detection and Prevention Month
- [June 27](#) – National HIV Testing Day
- [June](#) – National Safety Month

[URL](#) to Healthfinder.gov to find the 2017 NHO Calendar and **National Health Observance Toolkit** with information on how to promote an awareness campaign at your library/organization including sample announcements for newsletter, listserv or media release and tweets.

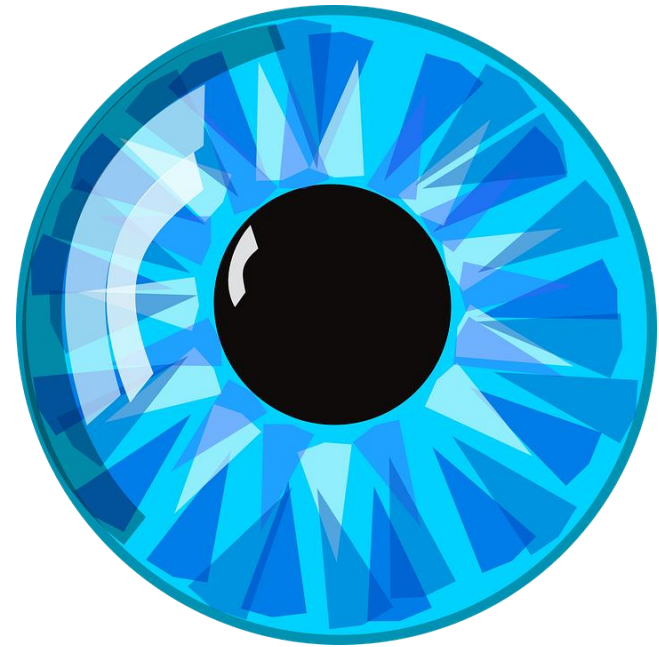
January



Glaucoma Awareness Month

What is Glaucoma?

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.



MedlinePlus

For more information visit Medlineplus.gov: <http://www.nlm.nih.gov/medlineplus/glaucoma.html>

Ideas for Glaucoma Awareness

Eye Health is Everyone's Business

Don't lose sight of

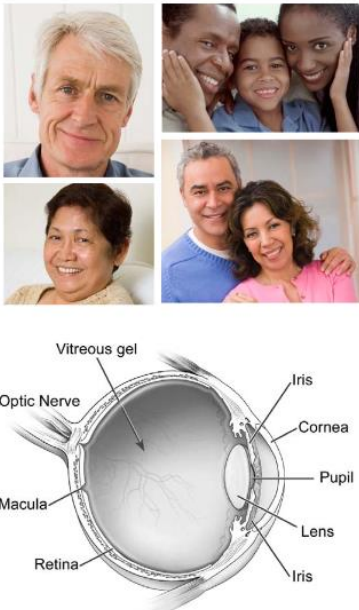
Glaucoma

Information for people at risk

1

What is glaucoma?

Glaucoma is a group of diseases that can harm the optic nerve and cause vision loss or blindness. The optic nerve is a bundle of nerves that carry messages from the eye to the brain. The most common form of glaucoma is primary open-angle, which this informational flyer is about.

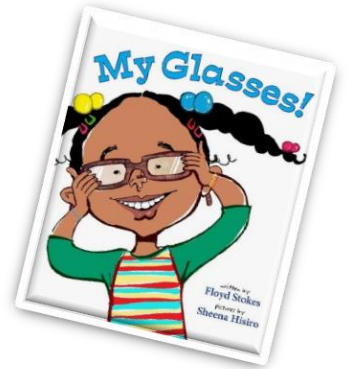


Consider this:

Are there any local optometrist offices in your community that would be willing to send in informational pamphlets you could have on display or even have an evening talk with library users?

If you have a children's program you could read a few books about that talk about glasses or eye health and even and maybe have an eye specialist come in and read one of the books.

For seniors you might be able to offer free or low cost eye screenings in conjunction with your local optometrist.



[URL](#) to Print the above flyer

Cervical Health Awareness Month



The cervix is the lower part of the uterus, the place where a baby grows during pregnancy. Cancer screening is looking for cancer before you have any symptoms. Cancer found early may be easier to treat.

Cervical cancer screening is usually part of a woman's health checkup. There are two types of tests: the Pap test and the HPV test.

-NIH: National Cancer Institute



January is Cervical Health Awareness Month
Learn more at www.nccc-online.org

National Cervical Cancer Coalition
PO Box 13827 Durham, NC 27709
919.361.4863
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For more information visit Medlineplus.gov:

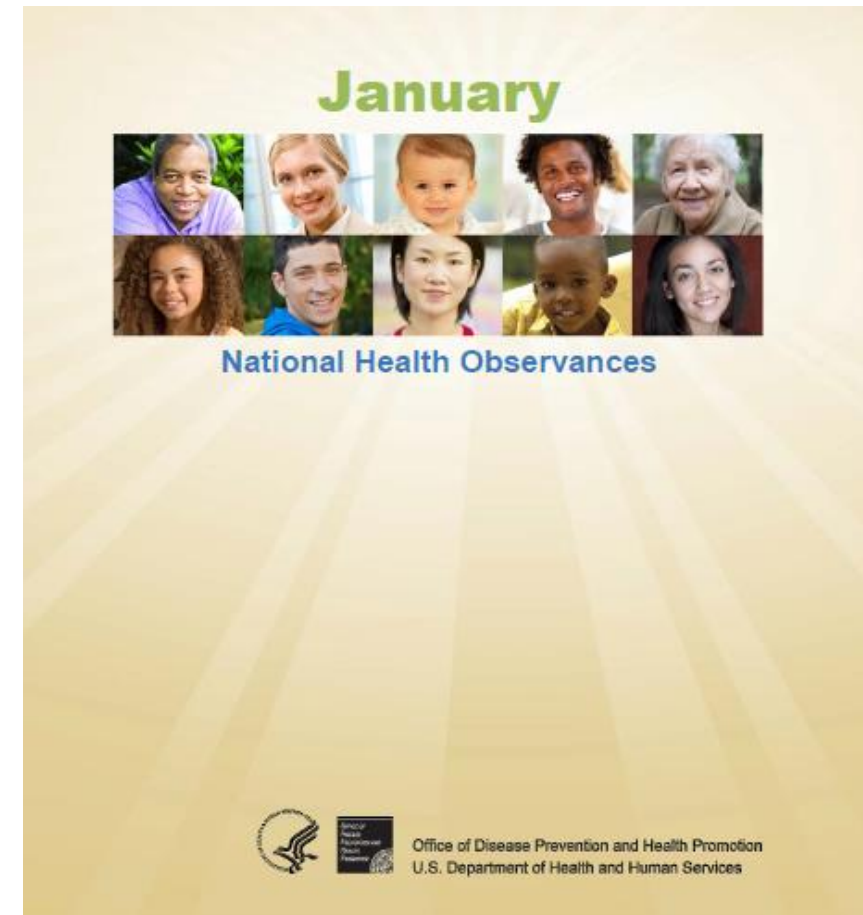
<https://www.nlm.nih.gov/medlineplus/cervicalcancerscreening.html>

Ideas for Cervical Health Awareness

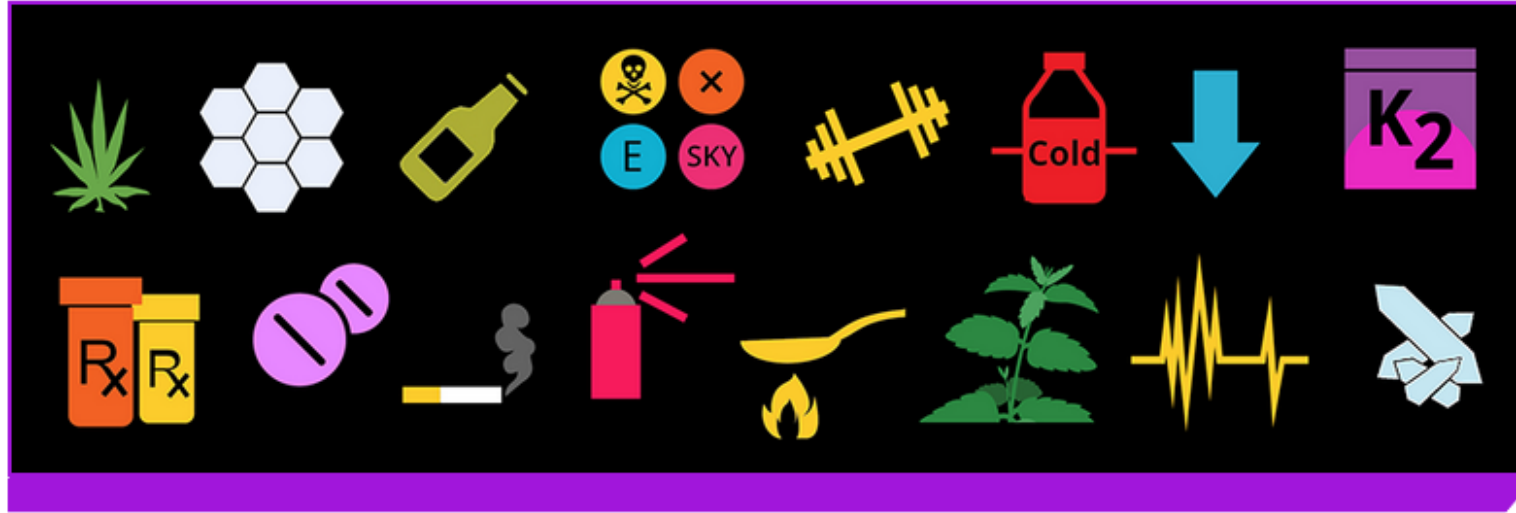
Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer.

[URL](#) to Healthfinder.gov to find a National Health Observance Toolkit with information on how to promote an awareness campaign at your library/organization including sample announcements for newsletter, listserv or media release and tweets.

[URL](#) to the National Cervical Cancer Coalition where you can locate information on what you can do to educate your community and advocate for increased awareness of cervical cancer. There are posters, sample tweets and sample Facebook posts available.



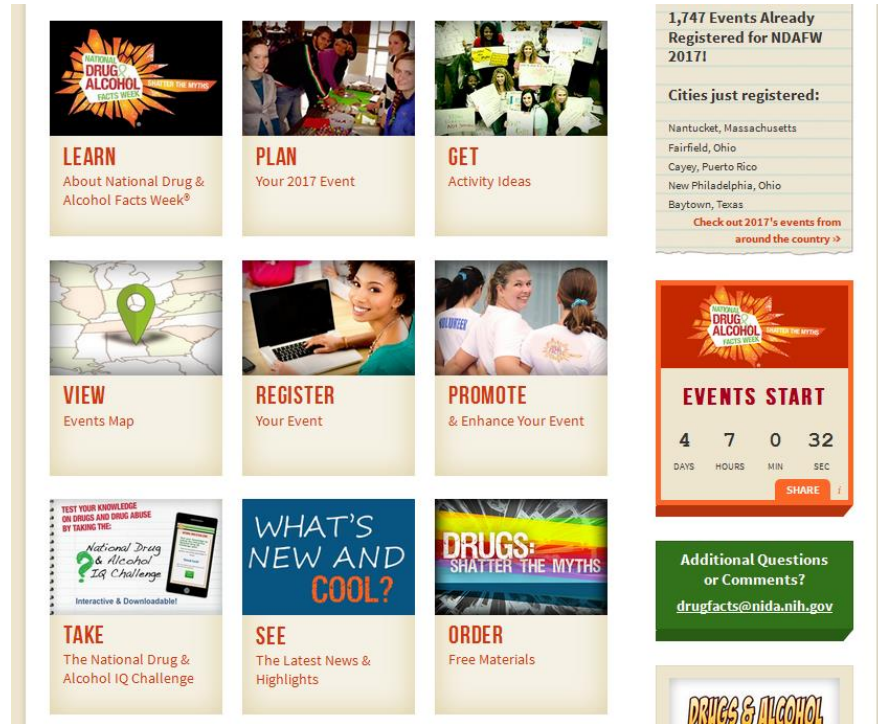
National Drug and Alcohol Facts Week



National Drug and Alcohol Facts Week[®] (NDAFW) is a national health observance for teens to promote local events that use NIDA science to ***SHATTER THE MYTHS***[®] about drugs.

For more information visit Medlineplus.gov:
<https://medlineplus.gov/drugsandyoungpeople.html>

National Drug and Alcohol Facts Week Ideas



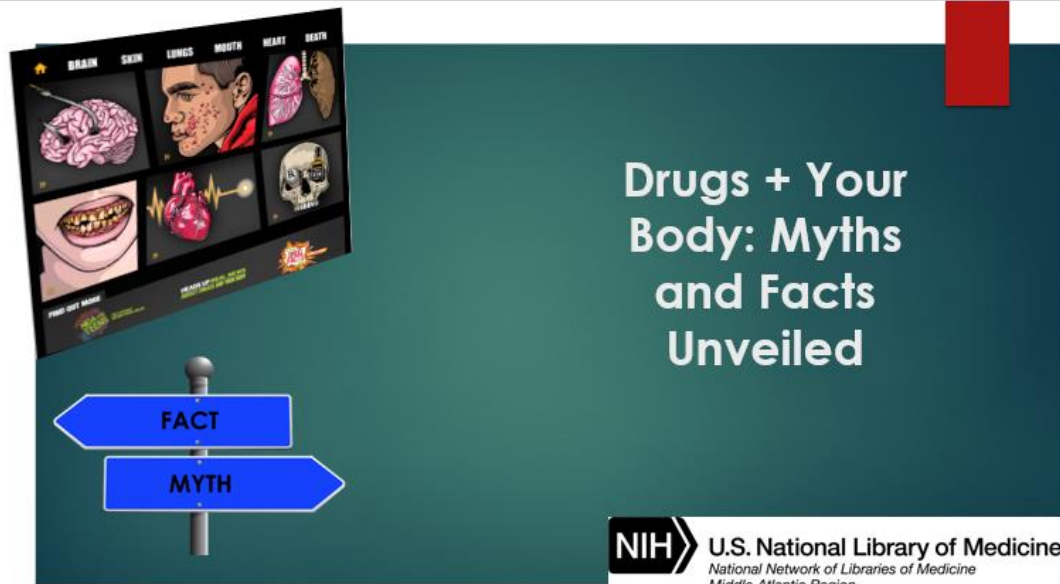
[URL](#) to National Drug and Alcohol Facts Week which is always in January.

[URL](#) to activities including event planning tools, activity ideas, opportunities to promote your event and an [online guide](#) to resources for NDAFW.

Refer to the [NIDA for Teens](#) web site for other cool ideas and resources including lesson plans and activities.



Drugs and Your Body-Tween/Teen 1 Hour Program in a Box



NNLM MAR has created a Drugs and Your Body health outreach program for tweens/teens using materials from the National Institute on Drug Abuse (NIDA).

Please visit the NNLM MAR [website](#) to locate all of the materials which includes presentation slides, speaker notes, discussion activities and other ideas.

February



February: National Children's Dental Health Month

“Teaching your child good oral hygiene habits early can lead to a lifelong healthy smile, but did you know that just because babies don’t have any visible teeth, doesn’t mean they can’t get cavities? A baby’s 20 primary teeth are already present in the jaws at birth. And those baby teeth that begin coming through the gums around 6 months help set the stage for future smiles by keeping space in the jaw for adult teeth”.



For more information visit Medlineplus.gov:

<http://www.nlm.nih.gov/medlineplus/childdentalhealth.html>

Ideas for Child Dental Health

Healthy Teeth & Bright Smiles in Your Community



Consider this:

Are there any local dentists or dental hygienist offices in your community that would be willing to send in informational pamphlets, toothbrushes and other samples relevant to dental hygiene?

If you have a children's program you could read a few books about that talk about dental health and the importance of growing healthy teeth. Perhaps a local dentist would join you!



[URL](#) to locate Open Wide and Trek Inside materials

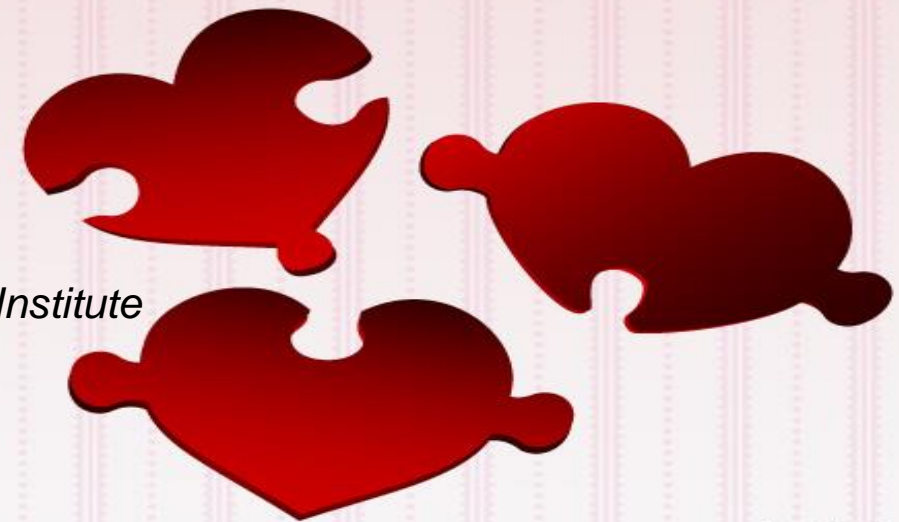
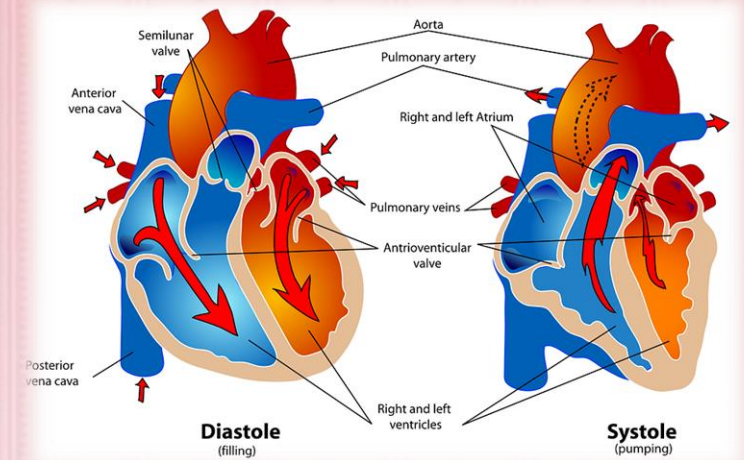
American Heart Month

Heart Disease is the number one killer in the U.S. It is also a major cause of disability. You can help reduce your risk of heart disease by taking steps to control factors that put you at risk.

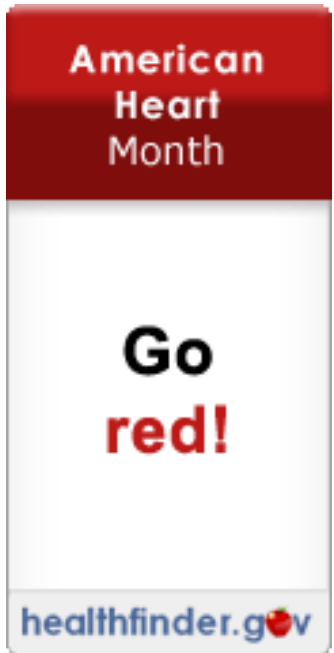
- Control your blood pressure
- Lower your cholesterol
- Don't smoke
- Get enough exercise

NIH: National Heart, Lung, and Blood Institute

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/heartdiseases.html):
<https://www.nlm.nih.gov/medlineplus/heartdiseases.html>



American Heart Month Ideas



[URL](#) to Healthfinder.gov where you can add the web badge to your web site, blog, or social networking profile.

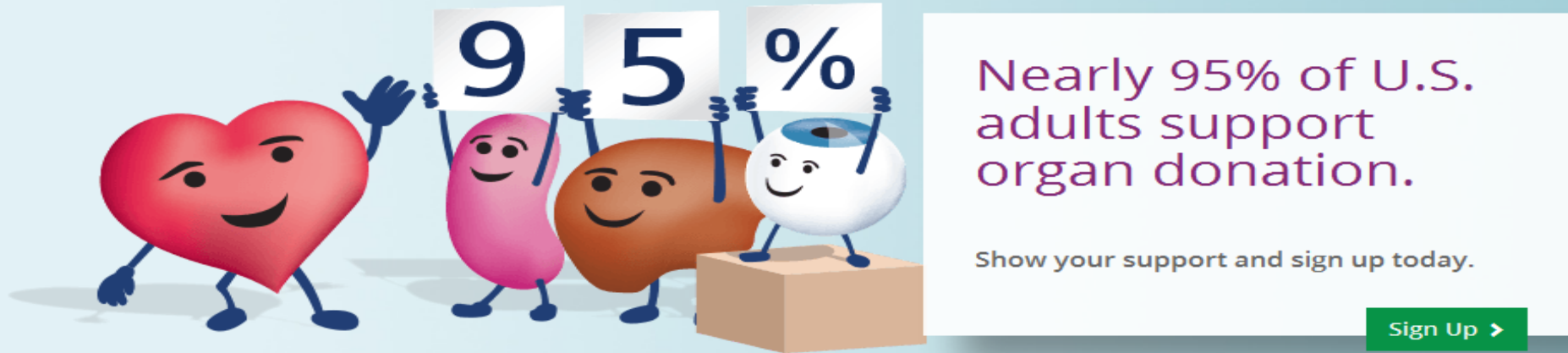
[URL](#) to American Heart Month Toolkit from Healthfinder.gov which includes sample tweets, announcements to newsletters, E-cards, web badges and more.

Take a look at the American Heart Association (AHA) Educator page and see if there are activities and/or resources that you can use.

[URL](#) for AHA Educator Page

Look in your library collection and see what books you have on heart health, healthy recipes and more.

National Donor Day – February 14



Organ donation takes healthy organs and tissues from one person for transplantation into another. Experts say that the organs from one donor can save or help as many as 50 people. Organs you can donate include

People of all ages and background can be organ donors. If you are under age 18, your parent or guardian must give you permission to become a donor. If you are 18 or older you can show you want to be a donor by signing a donor card. You should also let your family know your wishes.

-Health Resources and Services Administration

For more information visit Medlineplus.gov: <https://medlineplus.gov/organdonation.html>

March

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



MedlinePlus

For more information visit [Medlineplus.gov](http://www.nlm.nih.gov/medlineplus/nutrition.html):
<http://www.nlm.nih.gov/medlineplus/nutrition.html>

ALA-NNLM Libraries Transform Nutrition

BECAUSE KNOWLEDGE IS THE KEY INGREDIENT IN NUTRITION.

Key Message(s):

Libraries offer a variety of nutrition-based programs, including cooking, gardening, and story times to improve the health of their communities.

Promotional Use(s)/ Activity Suggestions:

Use to promote gardening, cooking, and story times around nutrition.

March is National Nutrition Month and September is Fruits & Veggies – More Matters Month; this can be a featured Because statement for those months.

Resources:

[Fruits & Veggies – More Matters Month](#) (Healthfinder.gov)

[Eating Healthy for the Holidays](#) (ALA Public Programs Office)

[Program Model: Get Started Gardening at Your Library](#) (ALA Public Programs Office)



Use the ALA/NNLM Libraries Transform Because Statement on nutrition. Print bookmarks to distribute to library users and posters to display in the library. [URL](#)

Choosemyplate.gov Images



Want to avoid that Freshman 15? (College Campus)



Start a campaign to have your members begin tracking their eating habits (Faith/Community Based Organizations)

It is always helpful to use images that target your outreach population.

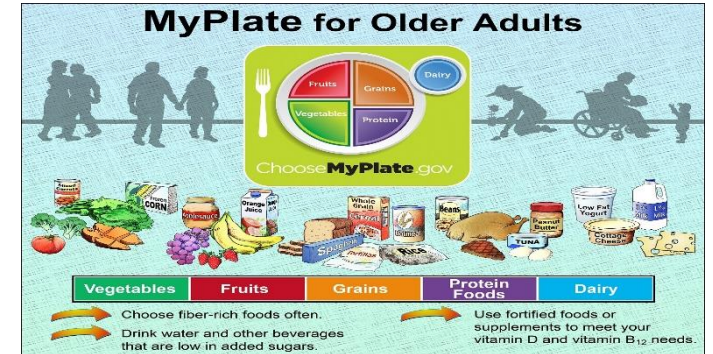
Consider resizing and using the images on this slide and replacing the one on the previous slide if you want to use images that are more appealing to your target population.



Do you work with kids? (K-8 schools, after school programs, faith communities)



Eating Healthy on a Budget: You Can't Afford Not to! (All adult audiences)



My plate for older adults (Senior Outreach)

ChooseMyPlate.gov Resources for Outreach by Population

Here are additional ChooseMyPlate.gov resources that you can incorporate into nutrition based outreach and programming.

[URL](#) to MyPlate Kids' Place which includes games, activity sheets, and videos & songs.

[URL](#) to MyPlate materials for students ([teens](#) and [college](#)). Included are consumer resources and things for professionals and educators and on MyPlate on Campus toolkit for young adults attending universities and colleges with social media tools, recipes and additional resources for college campuses.

[URL](#) for MyPlate for Adults with specific sections for Men and Women, Moms/Moms-to-Be and Older Adults.

[URL](#) for MyPlate for Families which includes recipes, videos, information on eating on a budget and more.

[URL](#) for MyPlate materials for health professionals and teachers including infographics, toolkits, training resources and high school lesson plans and a variety of MyPlate graphics.

[URL](#) for MyPlate resources in multiple languages.



March: Ideas for National Nutrition Month

Healthy Food Choices for All!



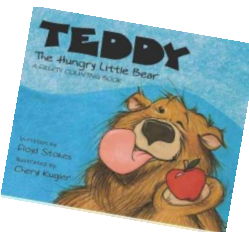
Consider this:

Do you have a local farm stand, grocery food chain or other provider of food in your community that has a community outreach component?

Perhaps you could use your organizations parking lot or meeting room to host a healthy eating fair and invite local health agencies or even a chef to provide a demonstration of low cost healthy cooking options available to your community.

Focus on using local resources to make sure that what you showcase is accessible to as many people as possible. Perhaps your local food bank would be willing to partner with you.

[URL](#) to locate national nutrition month materials



National Cheerleader Safety Month

Participating in sports and extracurricular activities can be fun, but it can also be dangerous if you are not careful. You can help prevent injuries by

- Getting a physical to make sure you are healthy before you start playing your sport
- Wearing the right shoes, gear, and equipment
- Drinking lots of water
- Warming up and stretching

MedlinePlus

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/sportssafety.html):
<https://www.nlm.nih.gov/medlineplus/sportssafety.html>

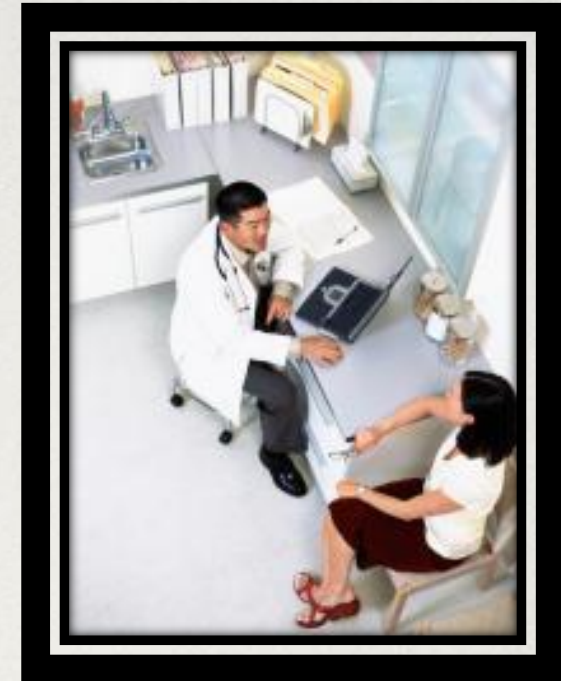


Patient Safety Awareness Week

March 12-18

You can help prevent medical errors by being an active member of your health care team. Research shows that patients who are more involved with their care tend to get better results. To reduce the risk of medical errors, you can

- Ask questions if you have doubts or concerns. Take a relative or friend to your doctor appointment to help you ask questions and understand answers.
- Tell your health care providers about all the medicines you take, including over-the-counter drugs and dietary supplements. Tell them if you have any allergies or bad reactions to anesthesia. Make sure you know how to take your medications correctly.
- Get a second opinion about treatment options
- Keep a copy of your own health history



-Agency for Healthcare Research and Quality

For more information visit Medlineplus.gov: <https://medlineplus.gov/patientsafety.html>

April

Alcohol Awareness Month

For most adults, moderate alcohol use is probably not harmful. However, about 18 million adult Americans have an alcohol use disorder.

- Alcoholism, or alcohol dependence, is a disease that causes
- Craving - a strong need to drink
- Loss of control - not being able to stop drinking once you've started
- Physical dependence - withdrawal symptoms
- Tolerance - the need to drink more alcohol to feel the same effect

NIH: National Institute on Alcohol Abuse and Alcoholism

For more information visit Medlineplus.gov:

<https://www.nlm.nih.gov/medlineplus/alcoholismandalcoholabuse.html>



Ideas for Alcohol Awareness



Consider this:

Perhaps your local schools are doing an alcohol awareness event, they often do them right before prom. Contact them and try offering to collaborate on a program either at their school or at your library/organization.

Perhaps there are local police officers or members from local AA group that would be willing to come in and give a talk. You could target teens/youth during a regular teen program evening.

[URL](#) to Healthfinder.gov to find a National Health Observance Toolkit with information on how to promote an awareness campaign at your library/organization including sample announcements for newsletter, listserv or media release and tweets.

[URL](#) to locate Brochures and Fact Sheets

Image from NIAA web site

[URL](#) for Rethinking Drinking from NIAA

Teen Outreach Ideas

There are a variety of reliable web sites that are geared toward teens. These are excellent conversation starters that can be used during programming and/or just advertise throughout your organizations. Check out the following sites:

[URL](#) for Underage Drinking (MedlinePlus)

[URL](#) for TeenHealth Binge Health (Nemours)

[URL](#) for Too Smart to Start Teens (SAMHSA)



Image from - National Institute on Alcohol Abuse and Alcoholism

[URL](#) for the Cool Spot



Autism Awareness Month

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

The causes of ASD are not known. Research suggests that both genes and environment play important roles.

NIH: National Institute of Child Health and Human Development

For more information visit Medlineplus.gov:

<https://www.nlm.nih.gov/medlineplus/autismspectrumdisorder.html>



May

National Physical Fitness and Sports Month

Regular physical activity is one of the most important things you can do for your health. It can help

- Control your weight
- Lower your risk of heart disease
- Strengthen your bones and muscles
- Improve your mental health and mood
- Increase your chances of living longer
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Fitting regular exercise into your daily schedule may seem difficult at first. But even ten minutes at a time is fine. The key is to find the right exercise for you. It should be fun and should match your abilities.

Centers for Disease Control and Prevention

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html):

<https://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>



Ideas for National Physical Fitness and Sports Month

Consider this:



Do you have a walking path near your library? Or is there are area where you could create a walking path. Perhaps you create a book walk, place signs along a walking path that have titles of books that you have in your library related to physical fitness/sports.

Or if you are a community organization, you could list healthy quotes and/or resources that provide information on health and wellness for your community.

This could very easily turn into an intergenerational event, where caregivers or grandparents are invited to bring their little one's. Be creative and you'd be surprised at what you can do with little time, supplies, and money!

[URL](#) to Healthfinder.gov to find a National Health Observance Toolkit with information on how to promote an awareness campaign at your library/organization including sample announcements for newsletter, listserv or media release and tweets.

[URL](#) to tips to Help You Get Active (NIDDK)

National Asthma and Allergy Awareness Month

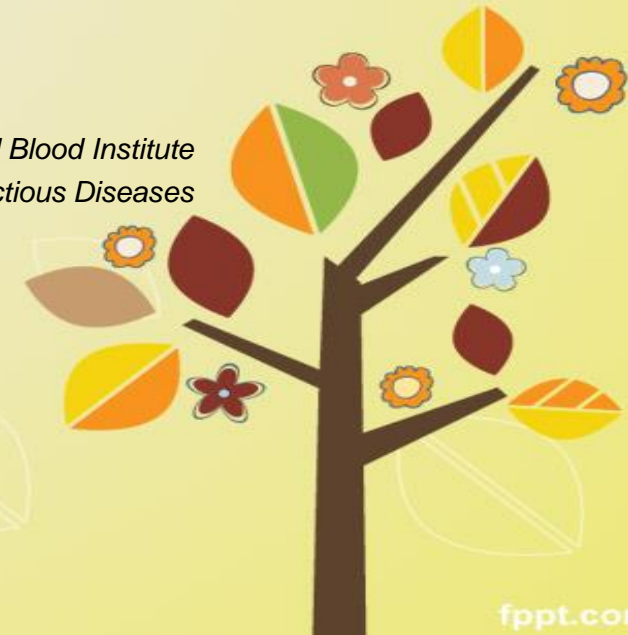
Asthma is a chronic disease that affects your airways. Symptoms of asthma include

- Wheezing
- Coughing, especially early in the morning or at night
- Chest tightness
- Shortness of breath

An allergy is a reaction by your immune system to something that does not bother most other people. Allergies can cause a variety of symptoms such as a runny nose, sneezing, itching, rashes, swelling, or asthma.

*NIH: National Heart, Lung, and Blood Institute
NIH: National Institute of Allergy and Infectious Diseases*

For more information visit Medlineplus.gov:
<https://www.nlm.nih.gov/medlineplus/asthma.html> **and**
<https://www.nlm.nih.gov/medlineplus/allergy.html>



Hand Hygiene Day

May 5

Hand washing is one of the most effective and most overlooked ways to stop disease. Soap and water work well to kill germs. Wash for at least 20 seconds and rub your hands briskly. Disposable hand wipes or gel sanitizers also work well.

-MedlinePlus

For more information visit Medlineplus.gov:
<https://www.nlm.nih.gov/medlineplus/asthma.html>



Ideas for Hand Hygiene Day

The CDC has a game called Food Detectives Fight BAC!® This game focuses on how bacteria lives on the food we eat and dirty hands. Kids play and the ideas of washing hands is reinforced.

[URL](#) to Food Detectives Fight BAC!®

The Alliance for Consumer Education has a series called Glean Team Lesson Plans for Grades K-2 and Grades 3-5. There is also a workshop for school nurses.

[URL](#) to Glean Team Lesson Plans



June

Men's Health Month

Most men need to pay more attention to their health. Compared to women, men are more likely to

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care



There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need.

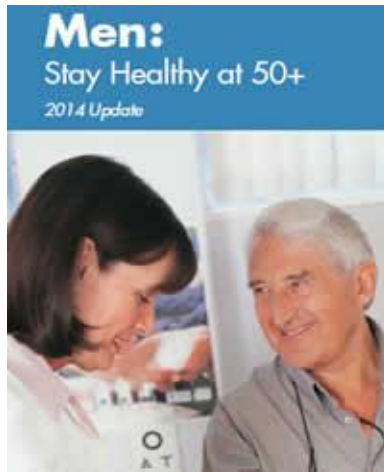
MedlinePlus

For more information visit Medlineplus.gov:

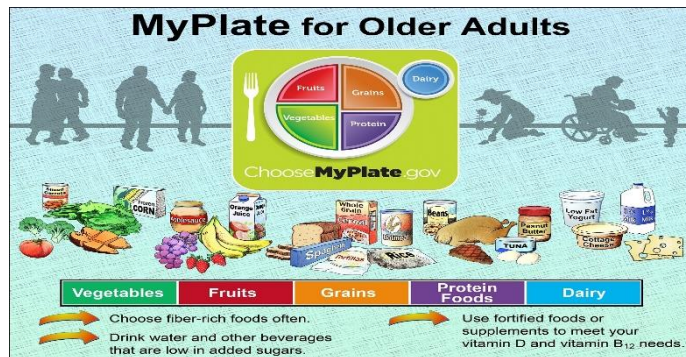
<https://www.nlm.nih.gov/medlineplus/menshealth.html>



Men's Health Outreach for Seniors



[URL](#) to print copies of the booklets above from AHRQ



[URL](#) to locate Men's Health Information from Healthfinder.gov

Consider this...

Would it be possible to invite a local representative from your AARP, health professional from a local senior center or some other senior serving agency in your community to offer a program for your senior men? A nutritionist might also be a good option, sometimes larger grocery store chains will have a community outreach liaison.

Perhaps the library has a newly acquired (or an older book) or journal that's relevant and focuses specifically on men's health. You could take a short excerpt and/or a short article or editorial piece and have it as a discussion starter while offering a program promoting any local resources and agencies for the men in your community.

National Safety Month

You can't remove all the safety hazards from your life, but you can reduce them. To avoid many major hazards and prepare for emergencies

- Keep emergency phone numbers by your telephones
- Make a first aid kit for your home
- Make a family emergency plan
- Install and maintain smoke alarms and carbon monoxide detectors
- Keep guns unloaded and locked up. Lock up the ammunition separately.
- Follow the directions carefully when using tools or equipment



Young children are especially at risk. Supervision is the best way to keep them safe. Childproofing the house can also help.

MedlinePlus

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/safety.html):
<https://www.nlm.nih.gov/medlineplus/safety.html>

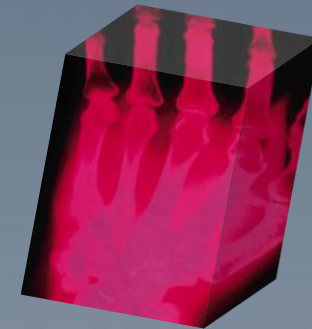
July

Juvenile Arthritis Awareness Month

Juvenile arthritis (JA) is arthritis that happens in children. It causes joint swelling, pain, stiffness, and loss of motion. It can affect any joint, but is more common in the knees, hands, and feet. In some cases it can affect internal organs as well.

No one knows exactly what causes JA. Most types are autoimmune disorders. This means that your immune system, which normally helps your body fight infection, attacks your body's own tissues.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases



For more information visit Medlineplus.gov: <https://www.nlm.nih.gov/medlineplus/juvenilearthritis.html>

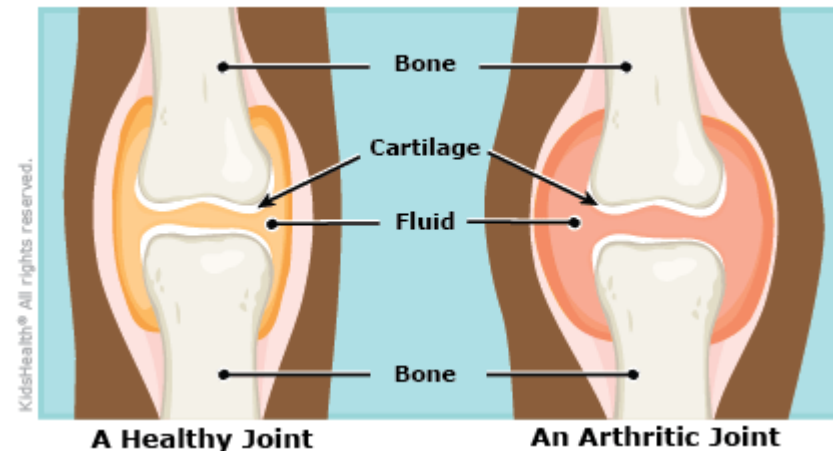
Types of Juvenile Idiopathic Arthritis

There are seven kinds of JIA

- Seven types of juvenile idiopathic arthritis can affect kids:
- systemic
- oligoarticular (say: **aw**-lih-go-ar-**tik**-yoo-lur)
- polyarticular (say: **pah**-lee-ar-**tik**-yoo-lur), rheumatoid factor negative
- polyarticular (say: **pah**-lee-ar-**tik**-yoo-lur), rheumatoid factor positive
- psoriatic (say: **soar**-ee-ah-tik)
- enthesitis-related (say: **en**-theh-sye-tiss)
- Undifferentiated



You might think that arthritis is something only grandparents get, but it's a condition that affects people of all ages.



Ideas for Juvenile Arthritis Awareness

Story time at the library could include a few books about juvenile rheumatoid arthritis. You could read a chapter and/or just feature the books as options for older kids to check out if you have them available in your library.

Keeping a Secret by [Elizabeth Murphy-Melas](#)

My Brother Made Me Do It by [Peg Kehret](#)

Nicole's Story by [Virginia Totorica Aldape](#)

Jodie's Journey by [Colin Thiele](#)

“[The Best Bones Forever!](#)™ Campaign offers girls fun activities, quizzes, and recipes to encourage girls to get active and eat more foods with calcium and vitamin D.” from the Office of Women's Health. Visit the [educators](#) section of the site for information on the campaign for girls including lesson plans and activities.



Visit the Kids and Teens Section of the Arthritis Foundation web site.

On the [kids/teens page](#) you will find coloring pages, tips from kids/teens and stories about Kids with juvenile arthritis that can be distributed during story hour.

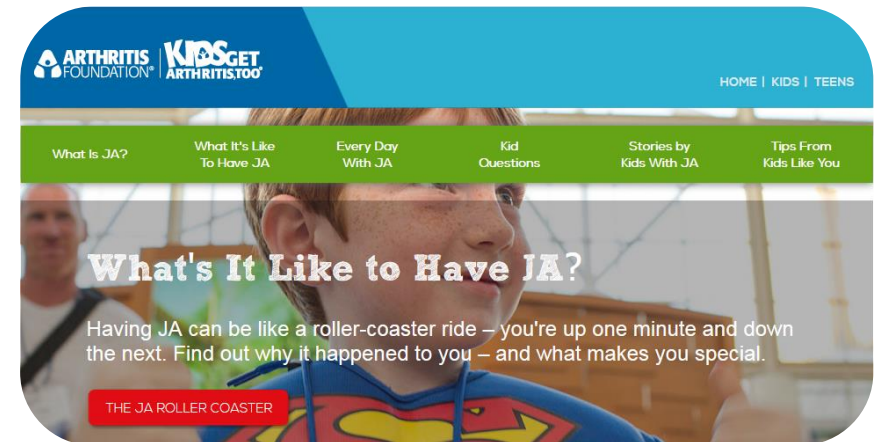


Image from the Arthritis Foundation

August

National Immunization Awareness Month

Although shots may hurt a little, they are important as they protect our bodies against diseases that can be life threatening. Vaccines have small amounts of germs that have been weakened so that a healthy persons immune system can respond to it and build immunity.

Before vaccines, people became immune only by actually getting a disease and surviving it. Immunizations are an easier and less risky way to become immune”.

NIH: National Institute of Allergy and Infectious Diseases

For more information visit Medlineplus.gov:

<http://www.nlm.nih.gov/medlineplus/immunization.html>

<http://www.nlm.nih.gov/medlineplus/childhoodimmunization.html>

www.free-power-point-templates.com



Ideas for Immunization Awareness

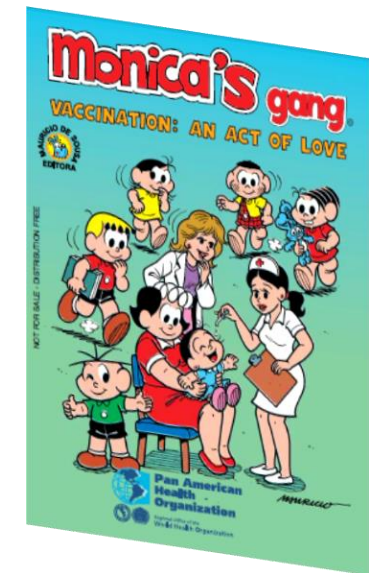
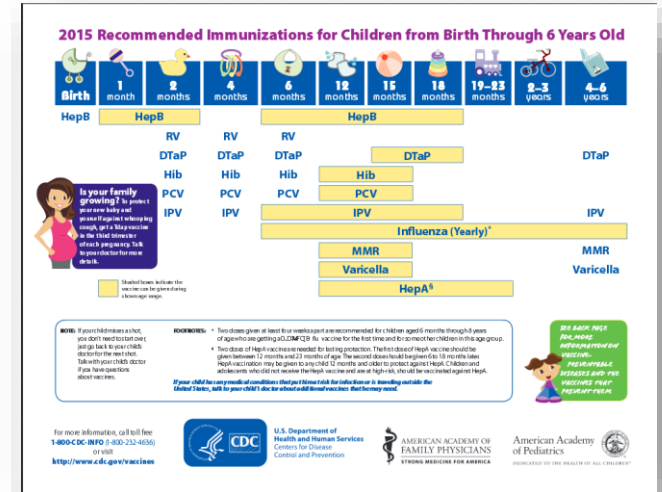
Immunizations and the controversy over them has become an even larger issue in the U.S. This month provides an opportunity to move beyond the myths and help your communities understand the importance of vaccinations for their children and the health of others in their community.

The Pan American Health Organization has a [comic book](#) that you can print and read for your story time. If you have access to a color printer you may be able to distribute the books for your attendees.

The Centers for Disease Control and Prevention ([CDC](#)) has recommended Immunizations sheets that you can print and share with parents.

[Birth – 6 years](#), [7-18 years](#)

[URL](#) to Healthfinder.gov to find a **National Health Observance Toolkit** with information on how to promote an awareness campaign at your library/organization including sample announcements for newsletter, listserv or media release and tweets.



August 1 -7



Breastfeeding offers many benefits to your baby. Breast milk contains the right balance of nutrients to help your infant grow into a strong and healthy toddler. Some of the nutrients in breast milk also help protect your infant against some common childhood illnesses and infections. It may also help your health.

Women who don't have health problems should try to give their babies breast milk for at least the first six months of life. Most women with health problems can breastfeed. Check with your health care provider if you have concerns about whether you should breastfeed.

-NIH: National Institute of Child Health and Human Development

For more information visit Medlineplus.gov: <https://medlineplus.gov/breastfeeding.html>

Ideas for World Breast Feeding Week

If you offer early childhood programs in your library or organization, you may want to consider asking a lactation specialist/pediatrician/nurse practitioner to come and speak at the beginning or end of your program. You can also have pamphlets available and often times local health care offices will have them.

The World Alliance for Breastfeeding Action (WABA) has a variety of resources available. Visit their web site to see what might be useful to you.

[URL](#) to WABA web site.



September

National Food Safety Education Month

Safe steps in food handling, cooking, and storage can prevent foodborne illness. There are four basic steps to food safety at home:

- Clean - always wash your fruits and vegetables, hands, counters, and cooking utensils.
- Separate - keep raw foods to themselves. Germs can spread from one food to another.
- Cook - foods need to get hot and stay hot. Heat kills germs.
- Chill - put fresh food in the refrigerator right away.



United States Department of Agriculture

For more information visit Medlineplus.gov: <http://www.nlm.nih.gov/medlineplus/foodsafety.html>

Ideas for Food Safety Education Month

Partnership for Food Safety Education

[URL](#) to locate a variety of fact sheets and graphics available for download and use from the Partnership for Food Safety Education. These are useful in that you have pre-designed handouts to distribute to library users. The [Smart Kids Fight BAC!®](#) includes a storybook for children and parents.

You can also use the curriculum and adapt it for a library program. They also have a curriculum for all ages from pre-K through high school. The curriculum includes a planning process, preparation, presentations and storytelling techniques as well as a script to introduce students to the characters found in the resources.

[URL](#) for the Curriculum for Grades K-3

[URL](#) for the Curriculum for Grades 3-5

[URL](#) for the Curriculum for Grades 4-8

[URL](#) for the Curriculum for Grades 9-12



October

Health Literacy Month



Health literacy refers to how well a person can get the health information and services that they need, and how well they understand them. It is also about using them to make good health decisions. It involves differences that people have in areas such as

- Access to information that they can understand
- Skills, such as finding that information, communicating with health care providers, living a healthy lifestyle, and managing a disease
- Knowledge of medical words, and of how their healthcare system works
- Abilities, such as physical or mental limitations
- Personal factors, such as age, education, language abilities, and culture

For more information visit Medlineplus.gov: <https://www.nlm.nih.gov/medlineplus/healthliteracy.html>

ALA-NNLM Health Literacy Toolkit



The National Network of Libraries of Medicine (NNLM) and The American Library Association (ALA) have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy Month, which is observed in October.

The toolkit provides key messages, program ideas and downloadable marketing materials, including bookmark templates and social media graphics, for libraries to use as they promote health literacy in October and throughout the year. The wide-ranging array of health literacy topics covered include nutrition, aging, and chronic illness.

[URL](#) to learn more about the campaign and [URL](#) to download materials

Health Literacy Month Program Ideas

Health Literacy is such a broad topic you can do any number of events to promote health literacy at your library or community organization.

Consider organizing and using the Eat Healthy-Be Active Community Workshops at your organization from DHHS and Office of Disease Prevention and Health Promotion

[URL](#) for workshop materials which is available in English and Spanish

You could print and distribute the JAMA Patient Page: Health Literacy ([URL](#))



[URL](#) for the Health Literacy Month web site for to view the Health Literacy Month Handbook which is a guide to help you create, plan, run, and evaluate Health Literacy Month events. [URL for Health Literacy](#)

National Bullying Prevention Month

Bullying is when a person or group repeatedly tries to harm someone who is weaker or who they think is weaker. Sometimes it involves direct attacks such as hitting, name calling, teasing or taunting. Sometimes it is indirect, such as spreading rumors or trying to make others reject someone.

Often people dismiss bullying among kids as a normal part of growing up. But bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime.



Centers for Disease Control and Prevention

For more information visit **Medlineplus.gov**: <https://www.nlm.nih.gov/medlineplus/bullying.html>



November

American Diabetes Month

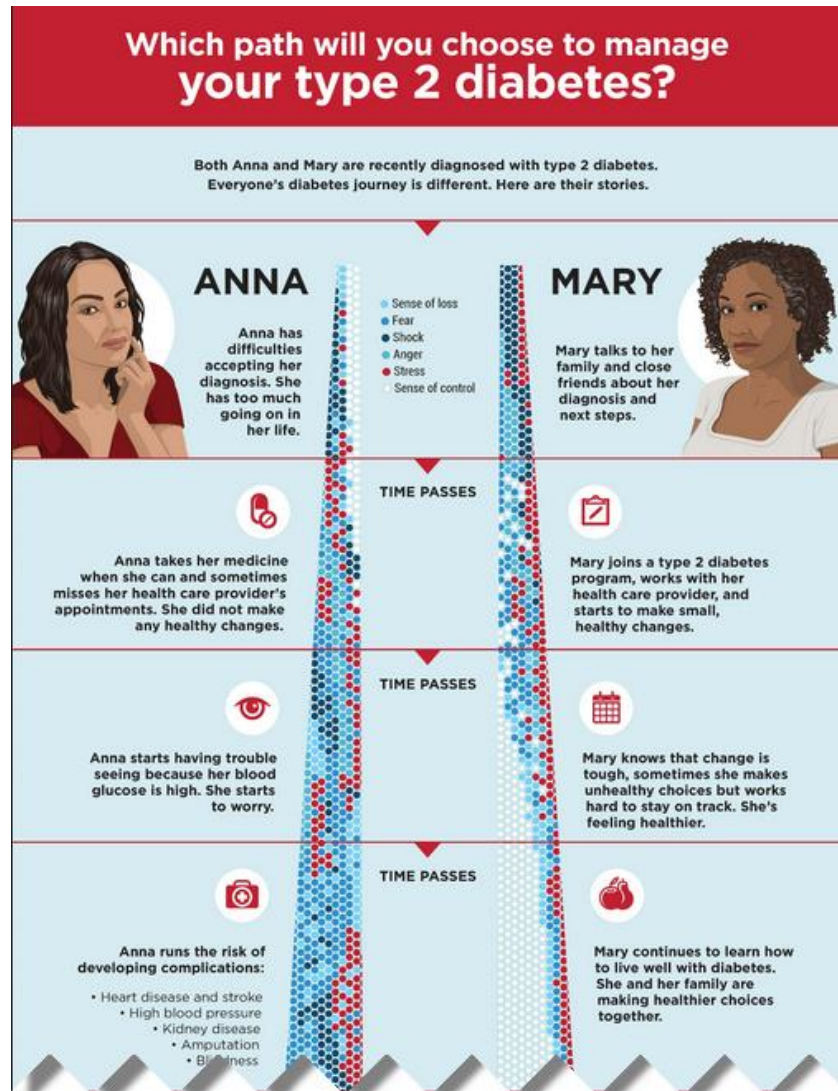
Diabetes is a disease in which your blood glucose, or blood sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. You can also have prediabetes. This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.



NIH: National Institute of Diabetes and Digestive and Kidney Diseases

For more information visit [Medlineplus.gov](https://www.nlm.nih.gov/medlineplus/diabetes.html):
<https://www.nlm.nih.gov/medlineplus/diabetes.html>

Ideas for American Diabetes Month



Health outreach does not always have to be in the form of a program or activity. Awareness especially in health is important. Simply provide information on diabetes for members of your community.

[URL](#) for Type 2 Diabetes Infographic (American Diabetes Association)

[URL](#) to Print handouts from the National Institute of Diabetes and Digestive and Kidney Diseases.

For children, you can have a computer terminal available for them to play games and/or take quizzes.

[URL](#) to The Diabetic Dog Game (Nobelprize.org)

[URL](#) to Quiz for Teens with Diabetes (National Diabetes Education Program)

[URL](#) to Healthfinder.gov to find a **National Health Observance Toolkit** with information on how to promote an awareness campaign at your library/organization including sample announcements for newsletter, listserv or media release and tweets.

December

Safe Toys and Gifts Month

As caregivers, we want to keep our children safe from harm.
Take steps to keep your children safe:

- Install the right child safety seat in your car
- Teach children how to cross the street safely
- Make sure they wear the right gear and equipment for sports
- Install and test smoke alarms
- Store medicines, cleaners and other dangerous substances in locked cabinets
- Babyproof your home
- Don't leave small children unattended

MedlinePlus



For more information visit [Medlineplus.gov](http://www.nlm.nih.gov/medlineplus/childsafety.html):
<http://www.nlm.nih.gov/medlineplus/childsafety.html>

Contact NNLM MAR

Web site: <http://nnlm.gov/mar>

Phone: 1.800.338.7657

1.412.648.2065

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For questions regarding the content of this slideshow or to inform MAR that you've used this resource please contact:

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We want to hear from you!



U.S. National Library of Medicine

National Network of Libraries of Medicine

Middle Atlantic Region

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